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that are upon the  
Quran and Sunnah  
and that which is  
conducive to my own  
personal circumstances,  
and that (of trials  
and tribulation) which  
I face on an ongoing  
moment by moment  
basis.

5. These side effects are  
(like) glad tidings from  
Allah that my  
heart/soul is climbing  
to heights of tawakkul/  
trust/worship/tibaa and ah  
of Allah/love of  
Allah/concentrating  
on the total worship  
of Allah that I'd  
always hoped for  
(prayed for)